What is claimed is:

1. A silver halide color photographic material comprising a substrate, having thereon a yellow color image forming layer, a magenta color image forming layer and a cyan color image forming layer, all of which incorporate photosensitive silver halide grains,

wherein, when the silver halide color photographic material is exposed with a laser light at an exposure time of 10^{-10} to 10^{-3} seconds per one pixel, and then is subjected to photographic processing to obtain a color image,

the difference of VE values (Δ VE) of the color image, between a maximum VE value and a minimum VE value, is between 0.0 - 0.2, in which VE is an effective gradation region of each color image forming layer in the obtained color image.

- 2. The silver halide color photographic material of claim 1, wherein at least one color image forming layer comprises a four equivalent coupler.
- 3. The silver halide color photographic material of claim 1, wherein at least one color image forming layer

comprises the silver halide grains containing a metal of the 8th to 10th groups in the periodic table.

- 4. The silver halide color photographic material of claim 2, wherein at least one color image forming layer comprises the silver halide grains containing a metal of the 8th to 10th groups in the periodic table.
- 5. The silver halide color photographic material of claim 3, wherein the metal of the 8th to 10th groups in the periodic table is contained in the silver halide grains as a metal complex having at least one ligand of nitrosyl or imidazole.
- 6. The silver halide color photographic material of claim 4, wherein the metal of the 8th to 10th groups in the periodic table is contained in the silver halide grains as a metal complex having at least one ligand of nitrosyl or imidazole.
 - 7. An image forming method comprising the steps of:

- a) exposing the silver halide color photographic material of claim 1, at an exposure time of 10^{-10} to 10^{-3} seconds per pixel, and
- b) conducting color photographic processing on the exposed photographic material.
 - 8. The image forming method comprising the steps of:
- a) exposing the silver halide color photographic material of claim 2, at an exposure time of 10^{-10} to 10^{-3} seconds, and
- b) conducting color photographic processing on the exposed photographic material.
 - 9. The image forming method comprising the steps of:
- a) exposing the silver halide color photographic material of claim 3, at an exposure time of 10^{-10} to 10^{-3} seconds, and
- b) conducting color photographic processing on the exposed photographic material.
 - 10. The image forming method comprising the steps of:

- a) exposing the silver halide color photographic material of claim 4, at an exposure time of 10^{-10} to 10^{-3} seconds, and
- b) conducting color photographic processing on the exposed photographic material.
 - 11. The image forming method comprising the steps of:
- a) exposing the silver halide color photographic material of claim 5, at an exposure time of 10^{-10} to 10^{-3} seconds, and
- b) conducting color photographic processing on the exposed photographic material.
 - 12. The image forming method comprising the steps of:
- a) exposing the silver halide color photographic material of claim 6, at an exposure time of 10^{-10} to 10^{-3} seconds, and
- b) conducting color photographic processing on the exposed photographic material.